



To grow food
To grow minds
To grow community

“COOKING LOCAL” WORKSHOPS



“Yoghurt - A Very Cultured Affair”

WEDNESDAY, JANUARY 14TH, 2015 6:30PM-8:00PM

Presenter: Kate MacKay

Learn how easy it is to make yoghurt at home.

“Onion Station”

WEDNESDAY, JANUARY 21ST, 2015 6:30PM-8:00PM

Presenter: Alison Juta

Full course dinner showcasing the under-appreciated onion!

“You say Potato...and I say Pierogi”

WEDNESDAY, JANUARY 28TH, 2015 6:30PM-8:00PM

Presenter: Kate MacKay

You'll love making these wonderful potato dumplings and other stuffed delectables.

“Funky Fungi”

WEDNESDAY, FEBRUARY 4TH, 2015 6:30PM-8:00PM

Presenter: Rachel Levesque

Discover the healing properties of locally-foraged Chaga & ancient Kombucha.

“Bubble, Bubble, Toil & Double”

WEDNESDAY, FEBRUARY 11TH, 2015 6:30PM-8:00PM

Presenter: Kate MacKay

Everything you need to know about yeast pre-ferments - from sour-dough starters to poolish.

“Keep the Piece”

WEDNESDAY, FEBRUARY 18TH, 2015 6:30PM-8:00PM

Presenter: Conrad Juta

Meat preservation techniques include jerky, curing and smoking.

COME JOIN US at

Greener Village Community Food Centre

686 Riverside Drive, Fredericton, NB

Cost per workshop: NBCHG Members - \$5.00

Non-Members - \$10.00

***SPACE IS LIMITED – to register please contact Thea at 262-2373 or
info@nbchg.org or register online at www.nbchg.org***